

ABSTRACT OF THE DISCLOSURE

A method for recording an information data signal on an optical recording medium includes the steps of identifying the position of a control data recording area where control data
5 regarding recording of the information data signal is recorded; detecting a pre-pit signal by reading a predetermined section of the control data recording area; detecting an RF data signal by reading a predetermined section of the control data recording area; and executing either one of the step of detecting a pre-pit
10 signal and the step of detecting an RF data signal to generate a recording synchronizing signal indicating recording start timing from the detected signal.